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| --- | --- |
| **What to include** | **Detail** |
| Contents page | * Number pages
 |
| Aims of your PEP | * Sports specific aim
 |
| Fitness components | * Which are important to your aim
* Your scores
* Why would it be good to improve your performance on your chosen areas
 |
| Methods of Training | * Which is the best method for your aim (if there is more than one decide)
* Why is this appropriate (and more appropriate than the other)
* What will it achieve
* Which wouldn’t you use and why?
* What are you wanting it to improve (state muscles etc)
 |
| SMART targets | * Clear SMART linked to component and playing performance
 |
| Principles of training | * How are they applied
* How are they used in your PEP
 |
| Evaluation | * Discuss data collected
* Fitness results compared and interpreted
* Data is interpreted and analysed
* Identify any abnormalities
* Is the data as good as hoped?
* Evaluate the method of training used
* Are there any issues with the PEP – how would you overcome these in future?
 |
| Conclusions | * Any changes you would make?
* What if you were to continue?
* Overall findings
 |
| **APPENDIX** |
| PARQ | Completed PARQ |
| Your background | Your sporting background |
| Other Fitness Testing scores Pre PEP | Component/fitness test/Pre PEP score/Normative data |
| Other Fitness Testing scores Post PEP | Component/fitness test/Pre PEP score/Normative data |
| Record sheets x6 |  |
| Graphs | e.g. Repetitions in circuit Number of interceptions made in games Component re test Heart rate (resting/working/end)Rest time |
| Detail into your exercises | Detail of circuit/diagrams |
| Warm up/Cool down | Details of Muscles used |
| Timetable of training | Wk 1-6 What is happening each day? |
| Thresholds of training | Aerobic/Anaerobic based on your aimHow do you calculate?Your calculations |

**Personal Exercise Program PEP**